



BBQ Turkey Sandwiches

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 8 oz tomato sauce canned
- ☐ 3 tablespoons cider vinegar
- ☐ 0.1 teaspoon cinnamon
- ☐ 8 hamburger buns split
- ☐ 1 cup catsup
- ☐ 0.5 teaspoon mustard
- ☐ 0.3 cup onion chopped

- ☐ 4 cups turkey cubed cooked
- ☐ 0.5 cup water
- ☐ 3 tablespoons worcestershire sauce

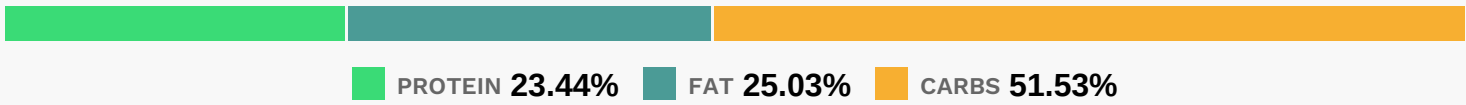
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt butter in a saucepan over medium-high heat; saute onion until softened.
- ☐ Add remaining ingredients except turkey and buns. Reduce heat to low; cover and simmer 30 minutes.
- ☐ In a large skillet over medium-low heat, combine turkey and enough of the sauce mixture to generously moisten.
- ☐ Cover and cook 10 minutes.
- ☐ Serve warm on hamburger buns.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:13.49, Inflammation Score:-5, Nutrition Score:11.930869558583%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 266.3kcal (13.32%), Fat: 7.45g (11.47%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 33.12g (12.04%), Sugar: 12.89g (14.33%), Cholesterol: 43.31mg (14.44%), Sodium: 785.02mg (34.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.42%), Selenium: 22.88µg (32.69%), Vitamin B3: 6.36mg (31.78%), Vitamin B6: 0.41mg (20.35%), Vitamin B1: 0.28mg (18.33%), Vitamin B2: 0.3mg (17.58%), Manganese: 0.33mg (16.6%), Phosphorus: 156.82mg (15.68%), Iron: 2.66mg (14.77%), Folate: 50.75µg (12.69%),

Vitamin B12: 0.7µg (11.64%), Potassium: 398.13mg (11.38%), Zinc: 1.34mg (8.95%), Calcium: 87.26mg (8.73%),
Magnesium: 32.6mg (8.15%), Copper: 0.16mg (8.09%), Vitamin A: 397.83IU (7.96%), Vitamin E: 1.1mg (7.31%),
Vitamin C: 4.97mg (6.03%), Fiber: 1.4g (5.62%), Vitamin B5: 0.52mg (5.18%), Vitamin K: 4.1µg (3.91%)